



Pantry-on-the-Go program receives national Aging Achievement Award

Davis County Health Department's Senior Services Pantry-on-the-Go program was honored with an Aging Achievement Award from the National Association of Area Agencies on Aging (n4a). Pantry-on-the-Go was among 45 local aging programs from throughout the nation to receive honors at the n4a Annual Conference & Tradeshow, July 28-Aug. 1 in Chicago, Ill.

The Pantry-on-the-Go program is a unique partnership between Davis County Senior Services and the Bountiful Food Pantry to help address food insecurity in older adults at risk for malnutrition and who have limited transportation options. Twice monthly, the mobile pantry delivers food to the county's three senior activity centers, increasing access to perishable items including produce, deli, dairy,

and frozen meat items.

"Many of Davis County's older adults experience transportation challenges to access grocery stores, have limited food assistance, and struggle to meet assistance eligibility requirements," said Kristy Cottrell, Davis County Health Department's Deputy Director of Senior Services. "At our three senior activity centers, we saw that access to local food banks and pantries became a common issue and developed this great partnership with the Bountiful Food Pantry," said Cottrell.

The 2018 n4a Aging Innovations and Achievement Awards recognize Area Agencies on Aging (AAAs) and Title VI Native American aging programs that develop and implement cutting-edge approaches to support older adults, people with disabilities and their family caregiv-

ers. A part of the criteria for the selection of the honorees was the ease with which other agencies could replicate the program in their communities.

"Our members work tirelessly, with little fanfare in their communities, and this awards program enables us to shine a well-deserved spotlight on their critical work to support older adults' health, safety, independence, and dignity," said n4a's Chief Executive Officer Sandy Markwood.

As the local Area Agency on Aging, Davis County Senior Services provides support, information, and services to help older adults, and their caregivers, enjoy their later lives in the home and community settings. More information is available at www.daviscountyutah.gov/seniors.

DAVIS COUNTY SENIOR SERVICES DIRECTOR, Kristy Cottrell (left), receives an Aging Achievement Award for the Pantry-on-the-Go program from Kathryn Boles, National Association of Area Agencies on Aging (n4a) president. Achievement awards recognize the innovative programs and best practices of select n4a local Area Agencies on Aging.



N4A COURTESY PHOTO

Flu vaccine outreach clinics scheduled for seniors

by Yolanda **CABRERA, RN**

DCHD Immunizations Bureau Manager

According to the Center for Disease Control and Prevention (CDC), several preventable diseases cause significant illness and even death in unvaccinated seniors. An estimated 45,000 adults die annually from complications due to vaccine-preventable diseases.

Many adults feel that they do not need vaccinations, or worry about side effects from the vaccine itself, but people age 65 and older are at higher risk of complications from the actual diseases.

It is important for older adults to keep vaccines current. Reasons include: you may not have been vaccinated as a child; new vaccinations may now be available; immunity may have weakened; and most importantly, seniors are more susceptible to serious and possibly life-threatening infections.

The most important vaccinations seniors should discuss with their health care provider include the flu vaccine, pneumococcal vaccine to prevent pneumonia, shingles vaccine, and tetanus-diphtheria-pertussis vaccine (Tdap). Medicare Part B covers vaccines that protect against the flu, hepatitis B, and pneumococcal disease.

Flu vaccines and other recommended vaccines for seniors are available in our Clearfield or Woods Cross clinics. Also, there are outreach clinics scheduled in late September at these senior activity centers:

- Golden Years, Sept. 18, 11 a.m.-1 p.m. (726 South 100 East, Bountiful)
- North Davis, Sept. 19, 10 a.m.-1 p.m. (42 South State St., Clearfield)
- Central Davis, Sept. 20, 9-11 a.m. (81 East Center St., Kaysville)

Events in September

Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

- 5 - Trip to Caputo's Market & Deli in SLC (sign-up required) 10:30 a.m.
- 5 & 19 - Blood pressure clinic 10:30 a.m.
- 20 - Flu vaccine outreach clinic 9-11 a.m.
- 21 - Trip to The Oaks Restaurant in Ogden Canyon (sign-up required) 11 a.m.
- 24 - Stepping On fall prevention workshop begins (sign-up required) 12:30-2:30 p.m.
- 28 - Birthday party 11:30 a.m.

Golden Years Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

- MWF - EnhanceFitness 8 a.m.
- M-F - Sit n' Fit 8:30 a.m.
- MW - Bingo 12:30 p.m.
- TH - Grocery shopping at Smith's 12:30 p.m.
- 12 - Legal consultation (by appointment) 12:30 p.m.
- 18 - Flu vaccine outreach clinic 11 a.m.-1 p.m.
- 25 - Book club 12:30 p.m.
- 28 - Birthday party 11 a.m.

North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

- 4 & 18 - Shopping day 12:30 p.m.
- 6 - Attorney (by appointment)
- 11 - Foot clinic (by appointment)
- 12 & 26 - Food bank
- 17 - Presentation by Chancellor Gardens and Symbii 11:30 a.m.
- 19 - Flu vaccine outreach clinic 10 a.m.-1 p.m.

See more at daviscountyutah.gov/seniors.



PHOTO BY VIKI BOWMAN, DAVIS COUNTY RSVP

LITERACY VOLUNTEER MARY shares one-on-one time with Kindergartner Annaka while she practices her letter sounds.

You can be a classroom superhero

by Viki **BOWMAN**
Davis RSVP

Returning to the classroom maybe a joyful time for some children: reconnecting with friends, participating in activities, and learning new things.

For others, the return may not be as pleasant. Academic challenges can leave a child feeling inferior to his or her classmates especially when skills drop below grade standards. Overwhelmed teachers may not have extra time to focus on the student with different learning needs. This is where a caring adult can make a difference in a child's life.

Volunteers share an hour or two a week listening to children read under the direction of the child's teacher. Children receiving the additional personalized attention have been shown to increase reading scores, improve classroom behavior, increase social skills, and develop a love of reading.

It has a tremendous impact on children when adults from outside the school participate in their educational experience. Even the child who won't sit to read at home has been known to clamor for the opportunity to read with a school volunteer.

Davis County Retired

and Senior Volunteer Program (RSVP) is federally funded and locally sponsored by Davis County Senior Services. The program assists the 55-plus crowd with volunteer placement and service enhancing activities. Children's educational success is a key focus area of RSVP. Volunteers are being recruited for the 2018-2019 school year throughout Davis County.

Become a classroom superhero by listening to children read one to two hours per week. Contact Davis County RSVP at 801-525-5052 and elevate a child's future.

Free Medicare 101 classes offered

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

• Wednesday, Sept. 12, 6:30-7:30 p.m. – Centerville Library (45 S. 400 W.,

Centerville)

• Thursday, Sept. 27, 6:30-7:30 p.m. – Kaysville Library (215 Fairfield Road, Kaysville)

For more information about the Medicare 101 classes, contact Jackie Smith at 801-525-5082 or jmsmith@daviscountyutah.gov.

VACCINE

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• Syracuse Senior Center, Sept. 26, 11 a.m.-2 p.m. (1912 W. 1900 S., Syracuse)

Influenza vaccine:

Experts recommend an annual flu vaccination for most adults and any patient with underlying high-risk conditions such as heart disease or diabetes. Getting an annual flu vaccine is necessary since immunity is short-lived and vaccine manufacturers update it every year to make sure it is as effective as possible against the current virus.

Pneumococcal vaccine: CDC states that pneumonia causes significant illness in seniors and is responsible for 60,000 deaths each year. Seniors and others who are at high risk for developing pneumonia should receive the pneumococcal (pneumonia) vaccine as a one-time vaccination. Patients older than 65 who have previously been vaccinated can get a one-time repeat vaccination if five years or more have elapsed since the original shot and they were younger than 65 at the time of their primary vaccination.



Zoster vaccine: The zoster vaccine, which has only been available for a few years, helps to prevent or minimize a shingles outbreak. Shingles is a very painful, contagious blistering rash. The new vaccine may decrease your risk of having shingles by about 92 percent or at least minimize its severity.

CDC recommends it for anyone 50 or older.

Tetanus-Diphtheria-Pertussis (Tdap) vaccine: More and more seniors are getting pertussis, or whooping cough, possibly due to fading immunity. If you are 65 years or older, get the tetanus-diphtheria-pertussis vaccine called Tdap.

Caregiver Academy coming to Davis County

A new workshop for caregivers is coming to Davis County in October. The Caregiver Academy is a series of classes that meets once a week for six weeks. It is designed to assist family and community caregivers in developing the skills needed to manage an in-home care environment. A reservation to attend the

workshop is required since space is limited. To reserve a spot or for more information, contact Megan Forbush at 801-525-5088. Location, days, and time will be announced soon.

The Caregiver Academy will replace the former caregiver classes previously offered. It is sponsored by Davis County Senior Services.

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